



WALNUT CHICKEN AND VEGETABLES

- 1 pound boneless chicken breast, skinned
- 1 egg white
- 1 tablespoon cornstarch
- $\frac{1}{4}$ cup reduced-sodium soy sauce
- $\frac{1}{4}$ cup dry sherry
- 2 tablespoons water
- 1 tablespoon red wine vinegar
- $\frac{1}{2}$ teaspoon sugar
- 1 tablespoon cornstarch
- $\frac{1}{4}$ cup vegetable oil
- $\frac{1}{2}$ teaspoon minced garlic
- $1\frac{1}{2}$ cups broccoli flowerets
- $1\frac{1}{2}$ cups cauliflower flowerets
- 1 small onion, sliced and separated into rings
- 1 small green pepper, cut into thin strips
- 1 small sweet red pepper, cut into thin strips
- $\frac{1}{2}$ cup walnut pieces
- 3 cups hot cooked rice (cooked without fat)

Cut chicken into strips. Combine egg white and 1 tablespoon cornstarch; beat until smooth. Add chicken, tossing to coat well. Cover and refrigerate 30 minutes.

Combine soy sauce, sherry, water, vinegar, sugar, and 1 tablespoon cornstarch; stir until cornstarch dissolves. Set aside.

Pour oil into a preheated wok; heat to medium high (325°) for 2 minutes. Add garlic; stir-fry 1 minute. Add chicken to wok; stir-fry 2 to 3 minutes or until lightly browned. Add broccoli and cauliflower; stir-fry 2 minutes. Add onion and pepper; stir-fry 2 minutes. Add walnuts.

Pour cornstarch mixture over chicken mixture. Cook, stirring constantly, until slightly thickened. Serve over rice. Yield: 6 servings (about 320 calories per serving plus 90 calories per $\frac{1}{2}$ cup cooked rice).

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